

10-28-2009

# The Winonan

Winona State University

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# WINONAN

Wednesday, Oct. 28, 2009

Volume 88 Issue 8

## Inside:

### News

This means war...



Coin War

### Arts



Hate gives  
students reason  
to stomp

### Sports

Football wins 70 to 7 against  
University of Minnesota -  
Crookston



## A piece of Chinese culture



Nick Furlong/Winonan

Winona resident Taff Roberts examines a map that was part of the exhibit "Garden Earth: Digging to China" by artist and professor Anne Scott Plummer on Wednesday at the Watkins Gallery.

**Brendan Moore**  
Winonan

A new art piece was unveiled this past Wednesday at Winona State University.

The exhibit, which was created by Winona State art professor Anne Scott Plummer, is titled "Garden Earth: Digging to China."

Filling an entire room, the exhibit falls under the category of installation art because it is a multidimensional piece of work. Specifically, installation art is usually designed to transform how

space is perceived and experienced.

"I want the viewer to enter the environment and give them the feeling that they're not just looking at the art, they're in the art," said Plummer.

The exhibit, which is now on display in Watkins Hall was inspired by Plummer's recent trip to China.

The trip was taken as part of Plummer's sabbatical.

According to Winona State Arts Administrator Kathleen Peterson, professors take sabbaticals to keep them up-to-date in their particular

field.

"Every ten years you're allowed to take a sabbatical," Peterson said. According to Peterson, it is tradition within the art department that whenever a sabbatical is taken an exhibit is produced by the professor upon their return.

During the first part of her trip, Plummer attended a conference in Jingdezhen that was sponsored in part by the National Council On Education for the Ceramic Arts. Located on the eastern bank of the Yangtse River Jingdezhen,

See ART page 5



# Winona gets a new Poet Laureate

**Jenn Holt**  
Winonan

Ken McCullough is Winona's Poet Laureate, and his background in poetry publications and passion for poetry has him excited to be a leader throughout Winona.

A Poet Laureate is a poet who is officially appointed by a government and is often expected to compose poems for state occasions and other government events. The term lasts for two years.

McCullough, who has lived in Winona since 1996, is the assistant director of academic advising at St. Mary's University. He has published three books in the past six years.

The former Poet Laureate was Winona State University English professor James Armstrong.

"Jim Armstrong inspired me to apply for the position," said McCullough. "He did so much and was an ideal ambassador. There is no way to replicate what he did, but we will build off of it."

In Winona, McCullough

plans to build off Armstrong's work at spreading poetry throughout the community, and said he plans to spread poetry wherever there is interest.

"Poetry is important to me," said McCullough. "I want to bring poetry to the surface again, and Winona is right and ready for it."

McCullough plans to work with Project Focus on Integrating Newsomers Through Education and Cambodian poets to translate poems, as well as work with the arts in the community such as the Frozen River Film Festival and the Shakespeare Festival.

"Winona arts are growing phenomenally," McCullough said. "People are making an effort to visit our festivals and see plays, it's important that poetry remain apart of it."

Carol Borzyskowski, spokeswoman for the Fine Arts Commission, said it's important to promote the spoken word as public art.

Borzyskowski was part of the team that helped establish the Poet Laureate in Winona.

The Fine Arts Commission borrowed the idea after

attending a reception in Duluth that was honoring a Poet Laureate.

"Ken wants to make poetry accessible and fun so everyone can enjoy poetry, even if they don't have an advanced English degree," said Borzyskowski. "Poetry is not only meant to be read, but also meant to be heard."

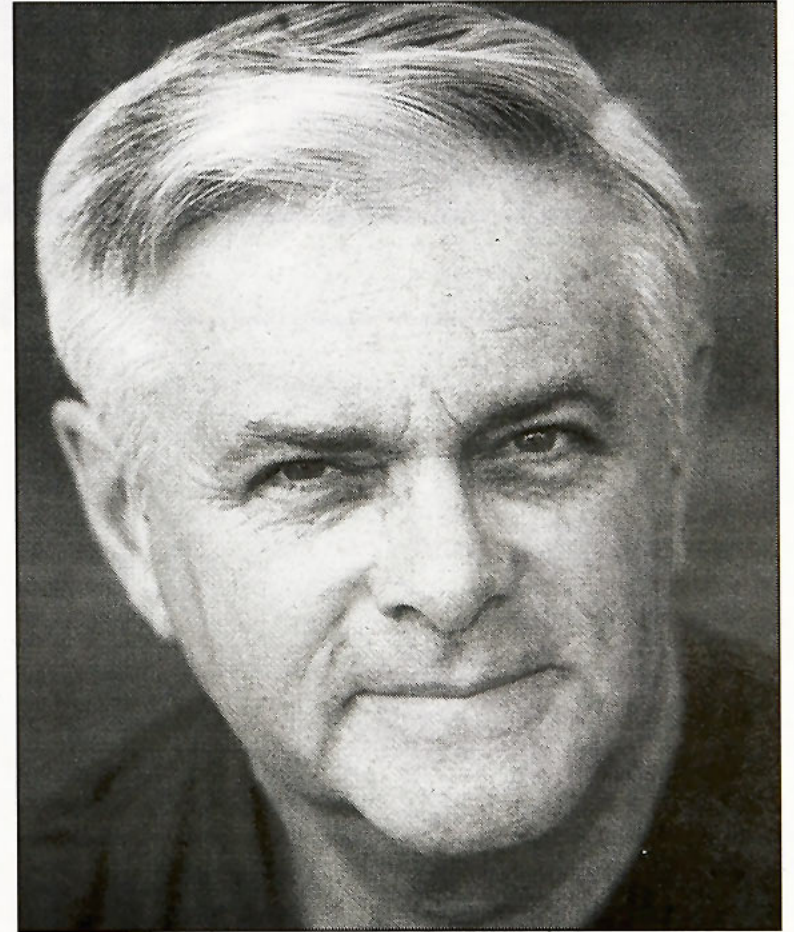
Another one of McCullough's ideas is to put poetry on the radio.

"In the morning as people are sipping their coffee or on their way into work, they could listen to a poem for a few minutes," McCullough said. "Hopefully that will open up the respectability to poetry, and can become apart of people's morning routine."

Borzyskowski also said she has seen a growth in the arts in Winona since a Poet Laureate was appointed.

"There are more displays in art galleries downtown, the Marine Art Museum has expanded, the Prelude du Mississippi and Preludes to Shakespeare events have also gotten more attention in

See POET page 5



Contributed photo

Ken McCullough will be the new Poet Laureate of Winona.

## Coin war helps support UNICEF, pieing your RA/CA

**Caitlin Johnson**  
Winonan

Circle K is holding its annual campus-wide Coin War at Winona State University.

The coin war is from Oct. 21 through Oct. 29 and is part of a "Pie Your RA/CA" contest.

Alyssa Herver, the service initiative co-chair of the Winona chapter of Circle K, said Circle K is the college version of Key Clubs and Kiwanis.

Circle K is a service organization and holds multiple events to help the community. The coin war is one of these events.

Herver said the coin war is to raise money for UNICEF

and the Six Cents Initiative.

The Six Cents Initiative is a program to save lives by providing oral rehydration salts to provide safe drinking water to people.

Melanie Walter, the Winona Chapter Circle K president, said this is the second year the coin war is being held at Winona State.

"Last year we raised \$120," Walter said. "This year our goal is \$150."

Herver said each RA/CA has a container.

The containers are located in the residence halls and in East Lake Apartments.

The containers are located at the front desk of each building

or with the RA/CA depending on the building.

People put money in the jars and whichever RAs/CAs have the most in their jar will get a pie to the face.

Laura Foley, a junior at Winona State and member of Circle K, helped pass out the containers.

"I hope we meet our goal of \$150," Foley said. "It's nice being able to help out UNICEF."

Sami Spence, a sophomore at Winona State and member of Circle K, said she joined Circle K to get involved with the community.

This is her second year as a member of Circle K.

"I was surprised last year with how many people donated (to the coin war)," Spence said. "I think it will probably go better this year."

Spence said last year the containers for the coin war were displayed in Lourdes and on Main Campus.

She said she feels the coin war will go better this year because the containers are visible in more places.

Herver said she hopes people donate what they can. A few cents can make a difference.

"College kids don't have a lot of money," Walter said. "But they do have a lot of change laying around."

The Pie in the Eye is an

incentive to get them to donate."

Herver said every six cents buys a packet of the rehydration pills to be given to children in Africa.

She said Circle K helps make the community a better place.

"We can make an impact on people in other places," Foley said.

"All it takes is six cents," Spence said. "And that's really nothing."

Contact Caitlin at  
CJJohnso0122@winona.edu



# Meditation: A system for students to de-stress

**Amanda Rehrauer**  
Winonan

Every Monday in the Maxwell dance studio, Winona State University professor Gretchen Cohenour offers students peace of mind and a break from their hectic schedules.

Cohenour leads a session called Mindful Meditation, which she said is all about becoming more aware of your body and your habits of mind.

During the sessions, Cohenour encourages students to take their time and let go of whatever they may be worried about in that moment.

She said that it is hard for many beginners to concentrate fully at first.

"It's really a radical idea to choose to examine the patterns of the mind and suspend or take a look at intentionally quieting the mind enough that you can see those patterns, especially in a culture that is so much about multi-tasking," she said.

Cohenour said she tries to get students to pay attention to natural breathing patterns,

physical sensations in the body and the sounds of the mind to help them de-stress and become more relaxed.

These and other ancient meditation techniques are now being studied worldwide.

For example, according to studies at the University of Wisconsin - Madison, "cultivating compassion and kindness through meditation affects brain regions that can make a person more empathetic to other peoples' mental states."

In addition, as summarized by the Baltimore Sun, other studies at UW - Madison "have enabled us to see that brains are plastic.

"They are constantly changing and growing, even among adults — a phenomenon called "neurogenesis" — and through specific types of training, we can enhance our capabilities for emotional regulation."

Cohenour said that while meditating, each moment is new, and the important thing is to focus on observing what is going on around you and to take note that things are shifting constantly.

She said that meditation is all about taking an active role in your brain's processes and having control over the responses.

"Cultivating mindfulness allows us to look at habits of mind in a way that we step from being reactive into having a choice," she said.

With the stress of the semester lingering over their heads, students who attended said they can see the positive effects it has on their lives.

Senior Jennifer Lazarevic said by her second time attending the session was already noticing positive changes in her thinking.

She said with recently spraining her ankle, she has been able to become more aware of her body and that the meditation is helping her to relax.

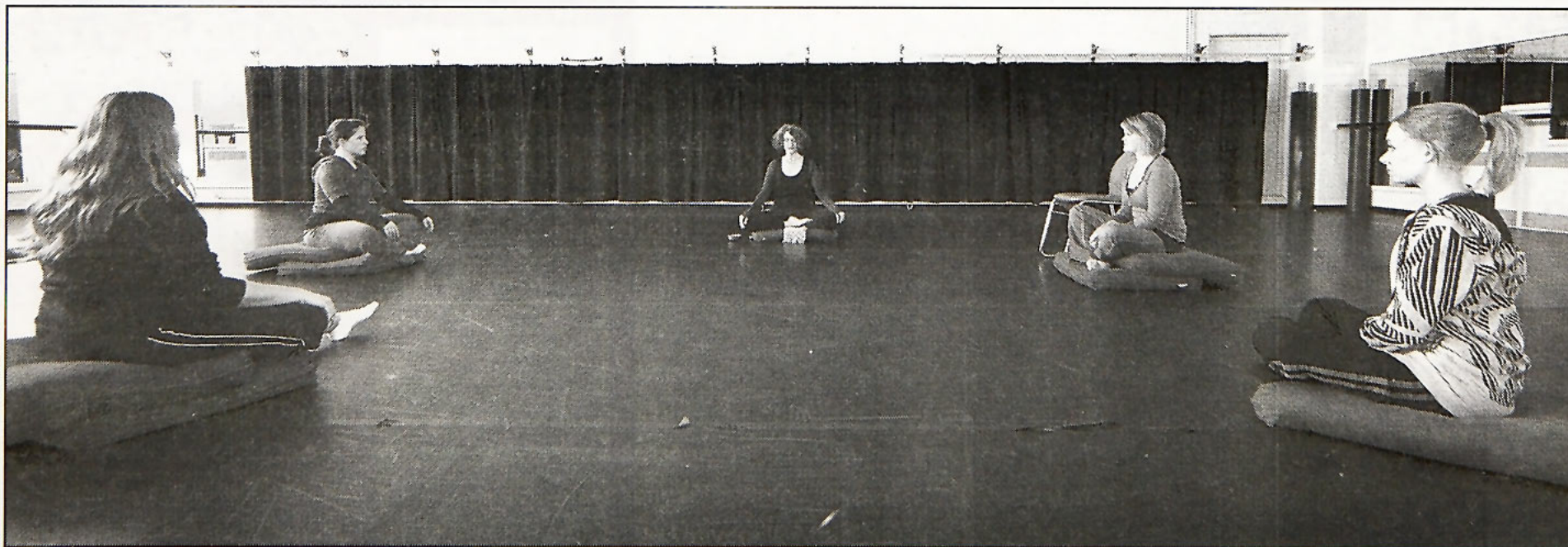
She also said she was already noticing improved concentration by the second week.

Even if you can't make it to the sessions on Mondays, there are other ways to de-stress at home.



Nick Furlong/Winonan  
**Winona State University sophomore Katie Bronniche sits in meditation Monday in the Memorial Hall dance studio. Bronniche arranged to attend the Mindfulness Meditation Practice Group for credit.**

**See MEDITATE page 4**



Nick Furlong/Winonan  
**Winona State University students sit in meditation lead by Gretchen Cohenour on Monday at the Memorial Hall dance studio. As part of Mindful Meditation, participants are guided through sitting and walking meditation and practice in awareness of the present moment.**



# Walz faces two opponents: Allen Quist and Jim Hagedorn

Stefani Schmidt  
Winonan

Even though first Congressional District Representative Tim Walz was elected into office in November of 2008, his region is already facing some opposition from those in the Republican Party.

The First Congressional District of Minnesota contains cities in the southern portion of the state including as Winona, Rochester and Mankato.

In the 2008 election, Walz defeated his GOP opponent, Brian Davis of Rochester.

Since winning, Walz has faced criticism from the Republican members of his district because of his Democratic stance on the War in Iraq and the economy.

Steve Perkins, Chairman of the first District Republicans, "[doesn't] believe that [Walz]

is representing the people of the first district" because his "views are out of date."

Two possible challengers of Walz are Allen Quist and Jim Hagedorn.

According to website edwatch.org, Quist is a professor of Political Science at Bethany Lutheran College in Mankato and lives in St. Peter, MN. He has served 3 terms in Minnesota's House of Representatives and ran for Minnesota governor in 1994.

When asked if he would be running for the first district seat, Quist said that it was "too early" to comment.

Perkins said that "Quist has expressed interest [in running] and a dozen others have as well." He believes that this is due in large part to the major issues right now such as health care and the economy.

Another prospective GOP candidate is Jim Hagedorn, son of former Minnesota Congressional Representative Tom Hagedorn and writer of his own blog at mr.conservative.us.

According to his website, Hagedorn was born and raised in Blue Earth, Minn. and has spent 25 years serving on Capitol Hill.

Mr.conservative.us also states that Hagedorn considers his crowning achievement to be when he passed the Mandatory Electronic Funds Transfer Act of 1996.

This act requires that federal agencies disburse annual payments electronically instead of by paper check, which has saved tax payers more than \$1.5 billion and counting.

On his blog commentary of the 2008 election in the first

district of Minnesota, Hagedorn mentions that "[Walz's] true beliefs are out-of-step with this right-leaning district and a competent Republican candidate could retake the seat in 2010 or 2012."

All posts to the website were suspended after the 2008 election coverage.

The site explains that this is because Hagedorn intends to "return to his southern Minnesota roots, accept a position in the private sector, and run for Congress."

Hagedorn intends to "fight the extreme liberal policies of President Obama and the democratic congress" and plans to "help the Republicans retake the house in 2010."

When it comes to the next election in 2010, Perkins explains that no one is going to admit they're running this early

because "the Democrats in D.C. are not just going to surrender the district to the GOP's."

No matter who tries to become the first District Republican candidate, Perkins assures his organization "will endorse the best candidate so that they can ultimately win."

Contact Stefani at  
SMSchmidt08@winona.edu

## MEDITATE

Continued from page 3

Winona in the past few years," said Borzyskoski. "I see movement, and art is on more people's radar, and they are seeking out Winona to be a part of these events."

Anything offered by McCullough as Poet Laureate will be free and open to the public.

McCullough said in his application for Poet Laureate

that he believes there is room for all kinds of poetry and said he would work hard at carrying forward the exemplary work of Jim Armstrong and add it to his own experience in classrooms

across the country of all levels, and in prisons as well as senior centers.

It is McCullough's goal to make a joyful noise in Winona that somehow permeates all

aspects of the community and is heard and shared with other communities in Minnesota.

Contact Amanda at  
ARehrauer06@winona.edu

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## POET

Continued from page 2

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Contact Jenn at  
JHolt6253@winona.edu

## ART

Continued from page 1

according to Plummer, is considered to be the ceramics capital of the world.

As one of 60 people from the United States that were allowed to attend the conference, Plummer attended such events as lectures, panel discussions demonstrations and field trips. According to Plummer even during the trips she always felt completely safe.

"I think it's because there are some severe punishments for harming tourists but I felt safer there then I usually do here," said Plummer.

After the conference Plummer spent time working in a studio in China. During her time in the studio she created three sculptures of couples embracing. These sculptures were her starting point for creating the exhibit.

"I started formulating the idea for the exhibit around these pieces I was working on in china, but ironically at the end they just didn't fit with were the exhibit was going," said Plummer.

Originally the embracing couples in Plummer's sculptures were supposed to be in the exhibit to symbolize the relationship between America and China. According

to Plummer one intended effect of the exhibit was to get people relook at china and give thought to what it means to be an American.

"It makes me feel bad about some of the things our country has done," said Winona State student Jenny Gates.

According to Plummer there have been no negative responses so far and most people who confront her about it tell her the exhibit makes them think.

"That's the thing about art you want to make something unexpected that makes people think," said Plummer.

The exhibit is scheduled to be on display through the beginning of Nov. and will be available Monday through Friday 8 a.m. to 4 p.m. in Watkins Hall.

Contact Brendan at  
BMoore08@winona.edu

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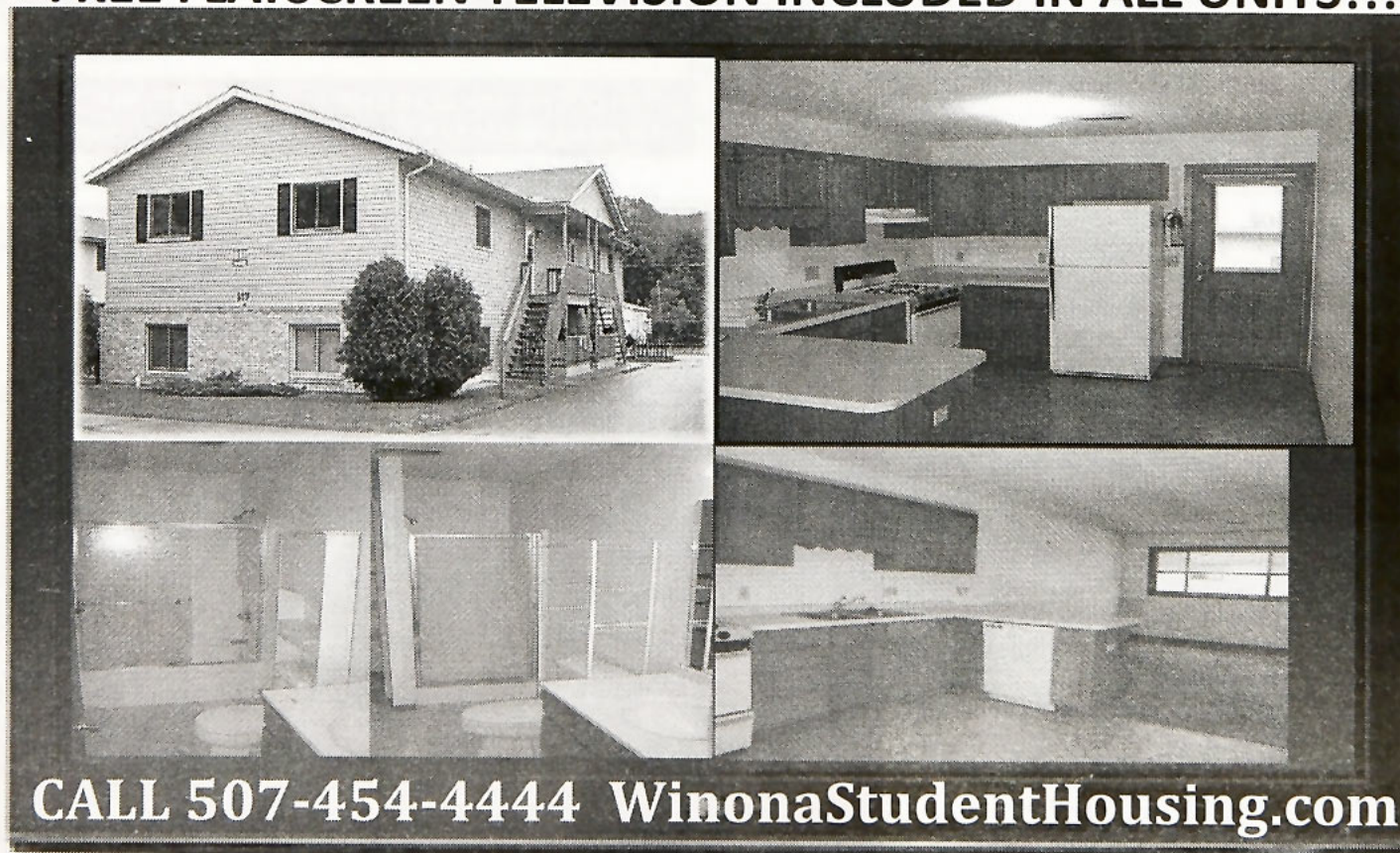
Nick Furlong/Winonan  
Weidong Zhang, left, from WSU Global Studies and WSU professor Mingrui Zhang discuss the exhibit Wednesday at Watkins Gallery. Mingrui Zhang said the dirt spiral in the middle of the exhibit could represent several things from Chinese culture like it's philosophy of evolution, Ying-Yang and reincarnation.



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# What's Happening Around Winona State...

Wednesday	Thursday	Friday
<p><b>Garden Earth: Digging to China</b></p> <p>Time: All Day Date: Oct. 28 Place: Watkins Hall: Paul Watkins Gallery Contact: Kathleen Perterson KPeterson@winona.edu</p> <p><b>Athenaeum: It's Only a Movie</b></p> <p>Time: 1 p.m. Date: Oct. 28 Place: Krueger Library Athenaeum, 2nd Floor Contact: Allison Quam AQuam@winona.edu</p>	<p><b>Trick-or-Treating for UNICEF</b></p> <p>Time: All Day Date: Oct. 29 Place: Winona State University Contact: Terry Markos TMarkos@winona.edu</p> <p><b>Webinar Discusses Credit Card Reform Legislation</b></p> <p>Time: 1 to 2:30 p.m. Date: Oct. 29 Contact: Richard Todd (612) 204-5864</p>	<p><b>Garden Earth: Digging to China</b></p> <p>Time: All Day Date: Oct. 28 Place: Watkins Hall: Paul Watkins Gallery Contact: Kathleen Perterson KPeterson@winona.edu</p> <p><b>THAD: Orange Flower Water</b></p> <p>Time: 7:30 p.m. Date: Oct. 30 Place: Performing Arts Center Main Stage Contact: (507) 457-5230</p>
Saturday	Monday	Tuesday
<p><b>Spooky Sprint 5K</b></p> <p>Time: 10:30 a.m. Date: Oct. 31 Place: Winona State University Gazebo Contact: Anna Caroenter AnLCarpenter07@winona.edu</p>	<p><b>Men's Basketball vs. UW-La Crosse</b></p> <p>Time: 7 p.m. Date: Nov. 2 Place: Memorial Hall McGown Gym Contact: Mike Hertzberg MHertzberg@winona.edu</p>	<p><b>Observatory Public Nights</b></p> <p>Time: 8 to 10 p.m. Date: Nov. 3 Place: Minne Hall WSU Observatory Contact: Jennifer Anderson JLAnderson@winona.edu</p>
Sunday	<p><b>Garden Earth: Digging to China</b></p> <p>Time: All Day Date: Oct. 28 Place: Watkins Hall: Paul Watkins Gallery Contact: Kathleen Perterson KPeterson@winona.edu</p>	<p><b>WSU and SMU Jazz Ensembles</b></p> <p>Time: 8 to 10 p.m. Date: Nov. 3 Place: Jefferson's Pub and Grill, 58 Center Street Contact: Marybeth Lenhardt MLenhardt@winona.edu</p>
<p><b>Check the Winona State Calendar of events for more event information.</b></p>		



# Staying sane through painting parties

**Brian Sanders**  
Winonan

Since last Wednesday was the 6 year anniversary of Elliott Smith's death, it only made sense for my friends and I to gather together and place some beautiful painted creations on cardboard boxes to commemorate the life of the greatest songwriter of the 90s and forever, while simultaneously partaking of his sonic brilliance through Breezy's record player and the speaker I found in my basement.

As college students, it is important to take advantage of the opportunity afforded us by being surrounded by thousands

of our peers. What else would I want to decorate my room with than the art my friends create at my house?

Naturally, the pieces created on my living room floor occasionally do not match art museum standards, but usually they do.

The meaning of the experience is not simply defined through the resulting piece, of course. Product is simply the excrement of action — it is the action and experience of being together and collectively tapping into our creative spirits, the most important and lasting part of a human.

There is something cathartic for me even being in the presence of those who are

actively molding something into an artistic expression, even as someone who fails to do it particularly well myself.

The question I would pose is: What other ways do we have of expressing that urge to create? Music and visual arts are obvious, and cooking works for some people. I'm not good at any of those! What can I do?

There is magic in the raw human expression that comes out through drawing, painting, and other visual arts. This author is never particularly moved to draw, but realizes what power that art can have.

Last week I mentioned "Where the Wild Things Are;" one thing that was amazing about the book is the ability

of storytelling and emotion through each picture on each page.

Perhaps what Winona State needs is more people more often in the middle of campus with paintbrushes and cardboard from the recycling.

Or maybe just more people chalking everywhere. Why is chalking only limited to promoting upcoming events or the G20 protests?

As mentioned, Wednesday was the 6 year anniversary of Elliott Smith's death. For those of you who are not familiar with his music, you are missing out on masterpiece after masterpiece of pop melancholy.

I may run the risk of exaggerating his brilliance, but

every lyric he penned captured the essence of humanity's emotions and problems, and every chord he played was just the right one at the right time.

It's too bad that he stabbed himself twice in the chest, but that doesn't change the fact that Winona State needs more Elliott Smith. Somehow.

We could have a new club dedicated to weekly meetings of painting cardboard and an "XO" listening party. I can't imagine a better club!

Contact Brian at  
BPSanders06@winona.edu

# My name is Katie, and I have an addiction to Facebook

**Katie Boone**  
Winonan

I need to get something off my chest. It's hard to say, but here it is. I am completely addicted to Facebook. As of right now, I've been awake for five hours and 15 minutes. Of that time, I have spent about two and a half hours on Facebook. That's pretty sad.

I've only had Facebook since the summer before freshman year. That is roughly three years ago. In that time, I have seen many changes to its format. When I joined, you had to have a college E-mail address.

Now, everyone and their grandmother has a profile now, including my grandmother. Facebook now has a new, updated news feed, and it's more frustrating than ever. In order to see new updates, you have to click "View Live Feed."

If you don't, you get things that are hours old. This confused me for quite some

time. I stared at it, wondering why no one had done anything since the night before. Then I saw that I had to take an extra step to see what my friends and family are doing.

This isn't the first time I've been frustrated with Facebook. When people without college E-mail addresses could join, I was annoyed. MySpace had gone to hell, now Facebook would be joining them.

It wasn't long until relatives and the younger siblings of friends, all of whom were in middle school, started adding me as a friend. Facebook had become a free-for-all, and I didn't like it. I'm still not very happy about it.

On average, I spend about nine hours a day logged onto Facebook. That's more than I spend sleeping most nights. That's more time than I spend on homework, at work, or thinking about world peace.

Nine hours is a long time to spend doing anything, and on Facebook I'm doing absolutely

nothing. If I devoted the time I wasted on Facebook on homework, my grades would be way better than they are now.

I wish I could have some of the time I've spent mindlessly wasting time on Facebook. I would devote it to something useful, like actually opening some of my textbooks. I don't have as much free time as I used to, I should not be wasting it staring at Facebook.

Due to the embarrassing amount of time I spend a day on Facebook, I will be taking a break from it. Rather than deactivate my account, I will simply monitor my daily use and record it for a while.

If that doesn't help me control how much time I spend on Facebook, I will deactivate it. I keep in contact with friends who don't live nearby on the site; it would be rude to completely remove myself.

If you look around in class sometime, count how many people are on Facebook. In my

last class, I counted four people without even turning my head. I find it difficult to believe that they are paying close attention and taking notes on top of Facebook.

The guy who sits next to me has missed at least three key terms the professor explained, and he didn't even know it. I know someone I won't be studying with.

If I had something intelligent, or even interesting, to say, I doubt anyone on Facebook would care anyway. If you have news, such as an engagement, a death, or a pregnancy (all of which I see on Facebook on a weekly basis), people like to hear this news right away.

There are still these things known as telephones, though. If something is really important, you will find out. People will make sure that you know.

I know I'm not alone in my addiction to Facebook. Whenever I look to see who is online, the same people are always there. They're just

like me, waiting for something exciting to come up so we can be the first person to comment on it.

The world doesn't need more of my comments; they're never very insightful and they don't help anyone. They're pointless.

I hope others join in my quest to cut down on time spent on Facebook. Our grades will improve, and our social lives probably won't suffer.

We will hopefully be paying closer attention in class and spend more time on useful activities like cleaning our bathrooms. Part of being an adult is knowing when enough is enough, and I've had enough of Facebook.

Contact Katie at  
KLBoone6555@winona.edu



# LETTERS TO THE EDITOR, ETC.

## Google Voice v. Greater Minnesota

For generations, people in Greater Minnesota have been at a disadvantage when it comes to access to emerging technologies.

In recent years, we have raised awareness in the state Legislature about these inequities and have helped expand opportunities for things like cell phone and high-speed internet access. However, when it comes to Google's new internet phone technologies, Greater Minnesota is again being discriminated against.

You may only think of Google as an internet company, but in recent years they have expanded. Recently they have

pioneered a new technology called Google Voice, which allows consumers to assign one phone number that will ring at your work, home, and cell phone simultaneously when someone calls you.

If you are interested in learning more about Google Voice, you can read about it online at: [www.google.com/voice](http://www.google.com/voice). But what you won't read on the website is that Google Voice only works in the metro area. To avoid higher connection fees with rural phone services, Google simply blocks calls to Greater Minnesota.

State and federal laws prevent phone services from discriminating against rural Americans in this manner and federal rules also require that Internet services be accessible

to all customers. Whether Google is an Internet service, a phone service, or both, these practices need to stop.

State Rep. Joe Atkins, House Chair of the Commerce and Labor committee, has brought attention to this issue by sending a letter to Google asking for their comment. I applaud his efforts.

Google is out of line for stepping on the little guy. I look forward to working with Rep. Atkins and others who share my passion for equality for all Minnesotans to make sure the voices of everyone in Greater Minnesota and throughout our state are not silenced by a behemoth corporation like Google.

Minn. Rep. Tom Rukavina  
(DFL-Virgina)

## A note about Letters to the Editor

*We invite all letter submissions but will print at our discretion. Please submit letters to:*

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Kryzsko Commons  
Winona State University  
Winona, MN 55987

*or via e-mail to  
[winonan@winona.edu](mailto:winonan@winona.edu).*

*If sent via e-mail, please put  
LETTER TO THE EDITOR  
in the subject line.*

*All letters must be signed,  
either by hand or digitally.*

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## With you in mind: Spotlight events for students

### Trick or treating for UNICEF

International students from Winona State University will be "Trick-or-Treating for UNICEF" Thursday and Friday, Oct. 29 and 30, throughout campus.

Students with small orange UNICEF boxes will collect donations.

Participants include: International Services Office and Cultural Outreach Program the International Club, Bangladesh student forum and the Nepali, Chinese, Sri

Lankan, Malaysian, Japanese clubs.

The international student program at WSU consists of students from developing countries where chronic hunger and malnutrition are significant concerns.

All proceeds will be

donated to the United Nations Children's Fund (UNICEF) to help children world-wide gain access to better nutrition, clean water, medicine, immunizations, education and emergency relief.

Contact Terry Markos at [TMarkos@winona.edu](mailto:TMarkos@winona.edu).

## GRAMMATICALLY CORRECT

Kim Sisson





# Mugby offers coffee for the conscientious

**Molly Schelper**  
Winonan

Mugby Junction has been selling only organic, fair trade coffee for three years.

Owner Carew Halleck said it has many benefits, including knowing that their coffee is of a higher quality. "We live and die by our coffee," said Halleck.

"Our espresso machine keeps us in business."

The essence of fair trade is two groups engaging in business in order to support themselves in a reasonable manner and maintain their culture.

Halleck said fair trade coffee doesn't always come from third world countries, but that is what most people generally think.

In Mugby's case, the stereotype is essentially true.

Mugby gets their coffee from various cooperatives all over the world, including ones in South America, Central America and Ethiopia.

The fair trade business is ethically different than most businesses in the U.S.

Halleck said the core of fair trade is relationships.

He said it's a business that depends on faith and trust rather than contracts, and depends on the cooperation of people in a region as opposed to corporate companies.

"It is so different from what we do here," said Halleck.

Halleck said the benefits of fair trade include fair wages

for farmers because they get a higher percentage of the profit, benefits for workers and communities, environmental sustainability, financial and technical support, and democratically run associations and cooperatives.

Halleck said the price of fair trade coffee is typically 20 to 30 percent more.

He said currently the minimum price set for the people in the distributing countries is approximately \$1.35 per pound and for companies in the U.S. it is about \$1.85 per pound.

Halleck said customers definitely care about the increased price of fair trade coffee, but he hopes they will care more about the value they're getting for that price.

"Fair trade and quality aren't the same," said Halleck. "We want really good coffee."

Halleck said having fair trade coffee attracts customers, but he doesn't advertise selling fair trade coffee as much as he could.

He said it's not just about feeling good for drinking fair trade coffee; it's about the quality of the coffee.

He said he sells fair trade coffee not only for the quality, but for more personal reasons as well.

Being involved in the fair trade business, and given the way it works, he reaps the personal benefits of being happy, content and in contact with the people he works with.

Halleck said it's not just about business; it's about the personal responsibility he has to the people he works with.

Kickapoo Coffee Roasters roasts Mugby Junction's coffee. All their coffee is fair trade and organic.

Kickapoo is locally owned and operated from Viroqua, Wis., and was the winner of the 2010 roaster of the year award.

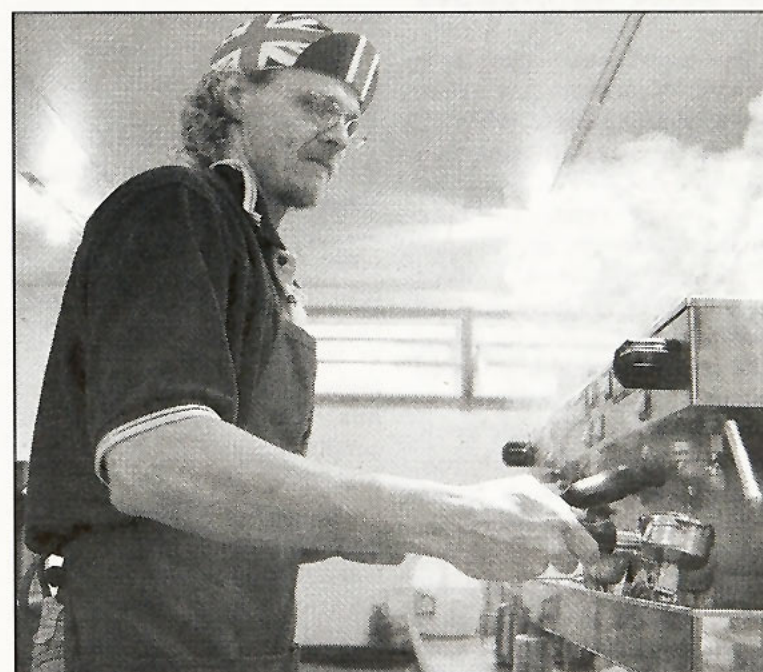
Mugby's coffee originally came from Chicago, but Halleck didn't like how impersonal the relationship was with the people he was working with.

Halleck said he enjoys working with Kickapoo because they personally deliver their coffee to Mugby each week allowing him to have a personal relationship with them.

Halleck said almost all coffee shops offer some fair trade option, but it's not often that fair trade coffee is the only type they sell.

He said all of the coffee shops in Winona have a different focus and something different to offer.

Mugby Junction runs their



Jake Rajewsky/Winonan

Carew Halleck, owner of Mugby Junction, prepares a coffee drink Friday morning at the Mugby Junction on Huff Street in Winona. Halleck said Mugby Junction uses only organic, fair trade coffee although it's more expensive than alternatives.

stores in a more untraditional manner.

There aren't any managers. Halleck and his mother-in-law Virginia run the stores and the employees are expected to know how to do everything.

Halleck primarily runs the Huff Street store while Virginia mainly runs the drive-thru location.

Halleck said he loves the size of his business because it enables him to know the majority of the customers.

Other terms for fair trade coffee include Transfair and free trade coffee.

Halleck said Transfair is more of a brand name while free trade is a more generic term, but they can all be used interchangeably.

Contact Molly at  
MSchelper07@winona.edu

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# Ms. Maestra

## Newest Backstreet Boys album makes Katie sad

**Katie Boone**  
Winonan

I've been a fan of the Backstreet Boys since their first single came out.

I was in middle school, and boy bands were making their triumphant return.

For young Katie, the Backstreet Boys were gods.

The other boy bands didn't stack up to them; they were the center of my world.

I had posters, stickers, folders, notebooks, you name it.

If it had their faces on it, I wanted to have it near me at all times.

When I found out that the Backstreet Boys were releasing a new CD, I was ecstatic.

Adult Katie would enjoy the Backstreet Boys as much as adolescent Katie, right? Wrong.

The new album, "This is Us," released Oct. 6 on Jive Records, is so terrible I want to go back in time to warn myself not to listen to it.

Even though it debuted at number nine on the Billboard 200, it doesn't deserve it.

Adolescent Katie is disappointed.

Adult Katie is disappointed.

No one wins here, especially the Backstreet Boys.

Backstreet is down a boy from the good old days.

Kevin Richardson left the band a few years back, so they are down to four members; Nick Carter, Brian Littrell, AJ McLean, and Howie Dorough.

I never remembered that Kevin was part of the band

anyway, so he isn't missed on this end. Nick, AJ, Howie, and Brian do just fine harmonizing by themselves.

The first song on the album, "Straight Through My Heart," was released as a single, but it's nothing special.

It had an 80s techno feel, and cliché love song lyrics.

If you like sappy songs sung to synthesizer beats, I have a song for you.

This song is especially Nick Carter heavy.

His voice bothers me for some reason, it always has.

I think it's too whiny for my taste.

The next few songs were so horrible, I'm not going to spend much time on them.

"Bigger," "Bye Bye Love" and "All of Your Life (You Need Love)" were horrible.

This is mainly due to repetition, uninspired lyrics, and poorly created techno beats.

"All of Your Life (You Need Love)" sounded like it was played on a children's keyboard.

The lyrics sounded like a note that was passed to me in the seventh grade.

"If I Knew Then" tries to be hip, but fails miserably.

It doesn't even sound like the Backstreet Boys, it sounds like an Usher wannabe.

The title track, "This is Us," was more R&B.

It featured such cliché lyrics as "Open up to me/ love will set you free" and the phrase "this is us" is used no fewer than 27 times in the song.

It gets old. Really, really

old. If you don't have enough lyrics to fill a song, make it a shorter song.

Repetition is never the answer.

The only song that sounded anything like the Backstreet Boys I knew and love was "She's a Dream."

It had a nice rhythm, but the lyrics were a little lacking.

The song would have been a lot better without mentioning "Shorty" every ten seconds.

I don't care what Shorty's doing.

Either give her a name or just stop mentioning her.

I get it, you love this girl. Move on.

The last song on the album, "Undone," had an opening that sounds like my alarm clock.

There was a little bit of strings, which was nice, and they added a touch of class.

This song would make a great slow dance.

It's the only one that I got into.

Some of the songs on this album I could barely make it through, but this one I could stand.

I'm OK with the Backstreet Boys evolving into a new band after Kevin left.

I just don't like what they are trying to do.



© Google  
The newest incarnation of the Backstreet Boys may appeal to diehard fans, but isn't worth the cost of the CD for the average listener.

They are pop, they should stick to it.

R&B is not their style.

It is better left to people who can make it work.

If you are a die-hard Backstreet Boys fan, go ahead and buy the CD.

You can add it to your collection and reminisce about the good old days.

If you are on the fence, or value your money, don't bother.

If you have the opportunity to borrow it from a friend, take a

risk and listen to it.

You might like it more than I did.

Contact Katie at  
KLBoone6555@winona.edu



# Zombie chickens: Scarier than normal zombies

Jordan Corrigan  
Winonan

Another week comes and goes at the box office, and for once, I'm a bit surprised.

People have been flocking to see "Paranormal Activity," a low-budget, documentary style horror movie, and after it's second week of wide release, it's managed to fend off yet another "Saw" movie (which in defiance of all logic, was pretty good).

I'm almost tempted to say that cinemagoers are developing (shock!) taste, but that's probably not true – I'm sure some mediocre gorefest like "Grave Rapers" will eventually meander along and mesmerize the general public.

But enough of this "movies people have heard of" business.

"Poultrygeist: Night of the Chicken Dead" is another in a long line of obscure horror movies with awesome titles – "Twitch of the Death Nerve," "Strip Nude for Your Killer," "Don't Torture a Duckling" – however, it's pretty clear from the beginning of the film that this is not a work that will be easily categorized.

Part anti-fast-food diatribe, part coming-of-age spoof, "Poultrygeist" is a crass, offensive, racist piece of genre filth with z-grade dialogue, terrible acting, and buckets of every conceivable bodily fluid in almost every last frame.

However, this is a Troma film, and if "Poultrygeist"

wasn't all of those things and more, it would be a bit of a let down.

The film opens with the two leads, high school couple Arbie and Wendy (almost every character in the film is given a fast food related name) getting intimate in a graveyard – after getting a few helping hands from the dead, the two have the same stilted "college won't change me" conversation that is delivered in almost every single movie in the "growing up/life lessons" genre.

And then a masturbating gravedigger interrupts them.

Yes, that is about par for the course for the rest of the film...

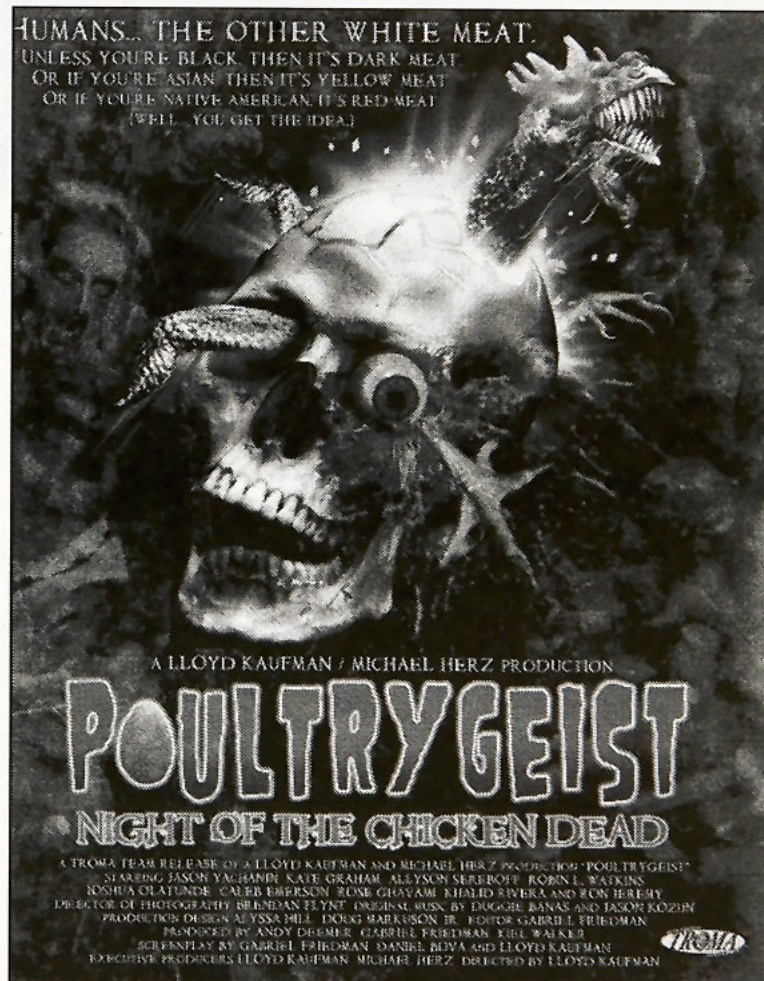
Flash forward one college semester and Arbie returns to the site of his only conquest to find that the graveyard is gone and there's an American Chicken Bunker franchise in its place.

The restaurant, with its overt military themes, veteran manager, and Colonel Sanders-esque owner (again, subtlety is not in this flick's repertoire) is being protested by a large group of people, led by the organization CLAM (Collegiate Lesbians Against Megacorporations – uh huh), of which Wendy is now a member.

Arbie's one true love is now a lesbian, so he decides to get a job at the restaurant to impress her with the massive amounts of money he'll make.

His colleagues at the restaurant include Hummus – a burqa wearing fry cook who conceals exactly what you'd expect beneath it – Carl Jr – a drunken hillbilly archetype who is not above fornicating with frozen chicken carcasses – and Paco, who very quickly falls into a meat grinder and spends the rest of the movie as a talking sloppy joe (also, guess what his nationality is...).

But, since that's not terribly



© Google

Part musical, part horror flick, "Poultrygeist: Night of the Chicken Dead" certainly doesn't take itself too seriously.

fascinating, the central thrust of the plot involves tainted chicken and angry Indian spirits (they were displaced for a chicken restaurant, after all).

Long story short, everyone who eats at the restaurant becomes a zombie chicken-human hybrid, and chaos ensues, along with no small amount of bloodshed, fecal splatter, and broomstick enemas.

Musical numbers also abound, as if this movie wasn't weird enough as is, and it's quite safe to say that every single button anyone could have about any issue gets pushed repeatedly, if not outright smashed with a hammer.

Bad puns, racial stereotypes, cross dressing, lesbians,

Muslims, Indians, chicken sodomy, necrophilia, and a frankly ridiculous amount of bodily mutilation – genital and otherwise – make this a hard film for most people to love, but if you're looking for a hilarious, gory, slapstick-y distraction from the normal horror fare, "Poultrygeist" won't disappoint.

Contact Jordan at  
JMCorrigan6623@winona.edu

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# New club to travel to Honduras in May for healthcare

**Gabby Keegan**  
Winonan

A new club on campus this semester, the Winona State Medical Brigades, will be going on a trip to Honduras in May to set up medical clinics for those in need.

The club's president, Jordan Corrigan, has been advertising the Global Medical Brigades Club by talking to faculty and putting fliers up on campus encouraging students to get involved with the club. Since holding an informational

meeting, there are about 30 students who have said they are interested.

Corrigan said he thinks he has gotten a good response considering he has been organizing this on his own. He also said that he thinks this requires a bigger commitment than the average club because it is "a travel-study, club hybrid," which may make some people hesitant.

Winona State is the only undergraduate university in Minnesota to take part in this program. The Global Medical

Brigades parent organization makes it easy for schools to start their own chapter by providing support needed to form a club on campus. Their mission is to develop sustainable health initiatives and provide relief where there is limited access to healthcare, with a focus in Honduras and Panama.

The Medical Brigades Club at Winona State will be working with the support of their parent foundation to raise money and recruit medical professionals from the area to work with them in Honduras.

The current medical conditions in Honduras leaves only one doctor to every 1,700 people. The need for improvement is vast, but the cost of this trip may be a roadblock for some who are interested. With airfare and vaccinations included, the seven-day trip in May will cost between \$1,100 and \$1,500.

Corrigan said that he believes this would be a great opportunity for students with any major, not only those going into the medical field. After working in a clinic for a few

weeks in Tanzania, Africa, Corrigan said that being exposed to a different culture changes you in a rewarding way. Students will be traveling to Honduras, where the average family lives on an income of \$1 a day. According to Corrigan, the people there are happy with what little they have while college students here are always complaining about how "broke" they are.

See MEDICAL, page 15

## Accounts from Academicians

(noun) ac·a·de·mi·cian\ a-kə-də-'mi-shən  
*An academic; intellectual*

By Christina McDaniel  
Photos by Fred Schulze/Winonan

### What are you going to be for Halloween? How did you decide?

**Thomas Schueller**  
Sophomore  
Fergus Falls, Minn.



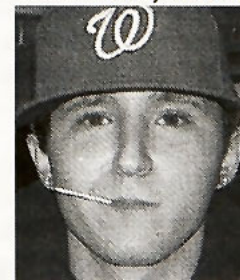
*Hugh Hefner; I wanted to be comfortable so I figured walking around in sweatpants and a robe smoking a pipe would be appropriate.*

**Andrew Tindal**  
Sophomore  
Hayfield, Minn.



*Joe Dirt; I was watching the movie the other night and I didn't have a costume so I was like, 'OK, Joe Dirt.'*

**Tony Kozulla**  
Sophomore  
Lakeville, Minn.



*Pablo Sanchez. He's a character from "Backyard Baseball" and I tend to have physical similarities.*

**Amanda Sorell**  
Sophomore  
Hopkins, Minn.



*A lady bug because my mom always called me bug and she just passed away last week, so it's a tribute to her.*

**Kelly Randall**  
Senior  
Corcoran, Minn.



*The Cowardly Lion because my friend Jenny had the idea for all of us to go as "The Wizard of Oz" characters.*

**Jenny Marx**  
Senior  
Wabasha, Minn.



*The Tin Man from "The Wizard of Oz," we decided on these costumes and my mom is going to make them for us.*



# Stomp Out Hate

**Courtney Kowalke**  
Winonan

On Thursday Oct. 22, Winona State University hosted Stomp Out Hate, an annual rally that promotes the recognition of diversity on campus and in the Winona community.

The project was started by Dr. James Reidy, an assistant professor of Physical Education and Recreation at Winona, in an effort to raise awareness for hate and hate-related issues and has been a part of the school's program for several years.

The event's co-leaders, senior Dan Clobes and fifth-year senior Beth Weyer, are both Recreation and Tourism majors who were familiar with Stomp Out Hate and what it entailed for the university and its students.

"We got involved by taking the class," says Clobes of Reidy's Recreational Leadership course, "but we volunteered to be leaders."

Weyer noted that the group's goals for this year were to attract three hundred people as well as to "bring people from different backgrounds together to have fun" and also to raise

awareness and "make an impact by reducing hate on campus."

Aside from Clobes and Weyer, the event was planned and put together by several committees within the Recreational Leadership course, including groups in charge of promotion and entertainment.

Entertainment for attendees consisted of various games, including a bean bag toss, a raffle drawing for assorted prizes, and music courtesy of The Dirge, a three-member band from Minneapolis who managed to attract a few newcomers.

The event, which was open to everybody in the Winona community, was held from 5:00 p.m. to 8:00 p.m. and was located in the Smaug this year due to uncooperative weather.

Free tacos and beverages were provided for the students and citizens who came to mingle and share their unique cultures and viewpoints.

Winona State University President Judith A. Ramaley thanked everyone involved with organizing Stomp Out Hate for their hard work and spoke of her hope that the event would "start up in peoples' minds and hearts" an

understanding and respect for others in the community.

She also voiced her expectations for students to "come away from this (Stomp Out Hate event)" more enlightened of what friends and neighbors of different cultures go through on a daily basis.

Student Senate Vice President Ian Galchutt utilized quotes from Pres. Barack Obama and Martin Luther King, Jr., to illustrate his views on the plight of diversity in Winona.

"We all want a better future," he added, reminding students to think of the legacy they will someday have.

"Our goal here is to move forward. Our motto is not 'Several Groups of Learners...', it's 'A Community of Learners Improving Our World.'"

A fresh perspective on diversity was given courtesy of Alfred Gjini, a Winona State student from Albania who just came to Winona this past summer.

"When we are born, we are all babies," Gjini stated before going on to explain that as we grow up, our unique environments are reflected as "differences are shaped in ourselves. We are all human, we all have feelings, and we all have life."

He went on to stress the importance of acceptance, how we "should be seen equally in all persons' eyes" and that everyone is needed to unite and fight against prejudices and stereotyping.

"We have to work [together]," Gjini said, "because we all are special and we all are different."

However Winona State students choose to make a difference in the future, Stomp Out Hate is a stepping stone on the path of understanding and accepting others across the campus, country, or world.

Contact Courtney at  
CKowalke08@winona.edu

# What's the Deal With....

## The Failure of the American Public

**Kham Moua**  
Winonan

I just finished watching the latest episode of "Family Guy."

It's an animated sitcom on Fox about a stupid, fat guy who is married to an intelligent, attractive woman and the adventures that he gets into with his family and friends.

A lot of my friends really like this show; they think it's hilarious and that no other animated sitcom is anywhere near as funny as "Family."

Really, what is so funny about this show?

I mean, sure it has a few laughs every now and then, but there is no plot.

Really, there is no plot. And the jokes almost never have anything to do with the storyline; most of the time, the jokes are from a flashback to some unrelated, completely random event that has nothing to do with the plot.

Not to mention that there are scenes where the characters literally just look at each other or one character sits and grabs himself for close to one or two minutes, and the producers and writers expect us to laugh at this.

How is this funny? How is this show on its seventh season? Why is it even on?

I suppose that the show gets a high enough rating that it keeps returning, even after its been canceled, kind of like the robot from Terminator 2 who kept coming back to life regardless of how many times Arnold killed him.

But then, it makes me question the American public's taste.

Although I shouldn't be surprised: mindless action movies, stupid comedies, and shows like "Family Guy" dominate the airwaves and the box office. And it's the American public's consumption of such stupid material that

pisses me off.

This is the reason why great shows like "Futurama" are canceled and why shows like "Family Guy" keep getting produced and movies like "Twilight" top the box office.

You might be thinking, "Twilight isn't a mindless action movie, nor is it a comedy," but the truth of the matter is that "Twilight" and the upcoming "New Moon" are both as intelligent as the bricks on the side of my house and both are about as interesting and probably have the same quality as the disaster which can only be called, "Gigli," starring Jennifer Lopez and Ben Affleck.

Yes, it does sound like I hate "Family Guy," and yes, it does sound like I hate the "Twilight" franchise, but it's because both of them lack any decent reason to watch them aside from the fact that by watching them you see something moving on the screen.

"Family Guy" and its lack of a plot and completely unrelated jokes and "Twilight's" horrible cast, whose acting is about as good as a rock's ability to swim, and it's disgusting, stiff, and unnatural script really have gives no one a reason to watch them at all. In one of the "New Moon" trailers, Edward says to Bella, "You're my only reason to stay, alive, if that's what I am." Now, imagine that Edward is saying this, but with the acting skills of a mentally handicapped chimpanzee. That's the quality of the "Twilight" movies, and that, along with other stupid movies and T.V. shows, are dominating the American airwaves and box office shows that we, the American public, have failed in promoting decent, intelligent, entertaining entertainment.

Contact Kham at  
KMoua06@winona.edu

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Hey Bongo where's your costume?

That was my costume, baby.

**BOOO!**

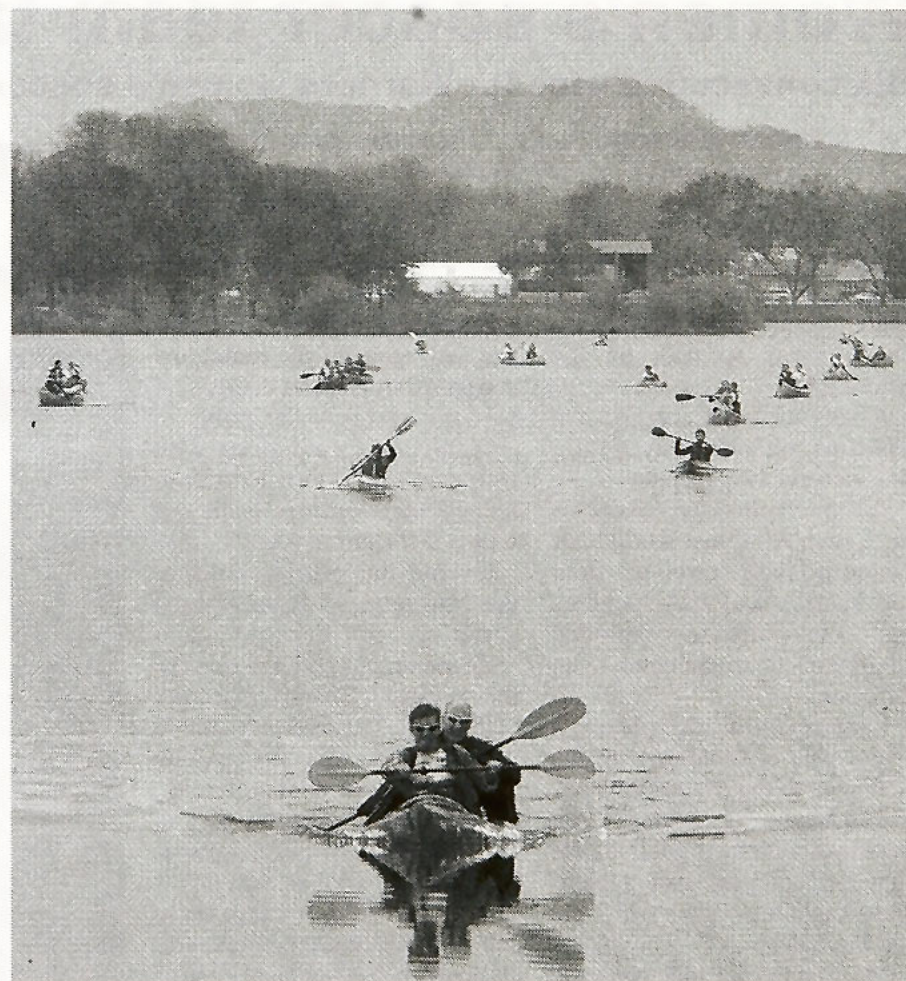


# Eco Challenge celebrates the outdoors



Jake Rajewsky/Winonan

Winona State University Recreational Programming hosted the 2009 Winona Eco Challenge Sunday in Winona. The adventure challenge course consisted of canoeing/kayaking, running, road biking, orienteering and rappelling.



## MEDICAL

"You gain a deeper appreciation of how truly lucky you are just to be where you are."

The focus of the Medical Brigades Club will be preparing for Honduras.

Planning for this traditionally starts six months in advance.

The task of finding willing medical professionals to make this commitment, Corrigan has found, will be mostly made through referrals.

He said that the amount of connections you have without knowing it is surprising.

He also will be making a request to Student Senate to defray the cost of the first trip to establish relationships in Honduras.

Corrigan's next step will be to determine which students have a serious interest.

He encourages students to look past the monetary commitment and realize that

Continued from page 13

the trip would be worth.

"It makes you reevaluate your position and attitude, it is well worth any cost."

Contact Gabby at  
GKeegan06@winona.edu

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# Women's soccer team takes sixth consecutive win

Six consecutive wins for Warriors women's soccer bring the team home for first match in NSIC tournament

**Robert Mausolf**  
Winonan

The Winona State University women's soccer team headed over to the Minnesota State University Mankato on Saturday to take on the Mavericks.

After a tough battle, the Warriors walked away with a 4-2 victory.

Although allowing two goals in, Coach Ali Omar said, "Our Defense took care of their top scorers and ball handlers and our offense exploited Mankato's weaknesses on defense."

Lauren Sturdivant played a major role in snatching up the win against the Mavericks.

Sturdivant provided the Warriors with two goals in the first half of play and a third game-winning goal in the second half.

Melissa Sellier put away the final goal of the match with the assist from Sturdivant.

The Mavericks did not go down without a fight, however.

They put away two goals in the game, staying neck and neck with the Warriors until early second half where Winona State pulled out the win.

The Mavericks had twelve more shots total than the Warriors, but as far as shots on net, the Mavericks only had one more shot on net than the Warriors.

The Warriors demonstrated their ability to capitalize on scoring opportunities.

Anna Belpedio also played a strong part in the win, delivering nine saves for the Warriors.

After securing the win over Mankato Mavericks, the Warriors shipped off to Southwest Minnesota State University to go head to head with the Mustangs.

"The game versus Southwest Minn. State was no different we just want to make sure that we do not have any let downs after a big win the day before," said Coach Omar.

Sturdivant delivered the first and only goal of the match off a pass from Martha Curtiss at 6:36 minutes in to the game.

Sturdivant's goal along with Belpedio's five saves in the net, helped the Warriors walk out with a 1-0 shutout win.

Overall the Warriors outshot the Mustangs 13-8 throughout game.

Commenting on their success this weekend, Coach Omar said, "Obviously Sturdivant made a lot of noise this weekend by scoring 4 goals and providing another assist. But the key to our success this weekend versus Mankato as well as Southwest was our defense and especially Jamie Babetch a freshman who stepped in for her first start of the season on defense."

The Warriors displayed their ability this weekend when it mattered the most, as the wins turned out to be important ones.

The win against Southwest Minnesota State University Mustangs concluded the Warriors sixth consecutive win and also landed them home field for the first-round match in the Northern Sun Intercollegiate Conference Tournament beginning Nov. 4th.



Rory O'Driscoll/Winonan  
Melissa Sellier runs the ball for a goal in a match earlier this year.

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Photo by Nick Furlong

Winona State University's Kyle Melcher receipts the ball during Saturday's game against University of Minnesota-Crookston in Winona.

## Warriors football makes a comeback, takes the win against Crookston

Ali Carlson  
Winonan

The Winona State University Warriors football team reclaimed a victory on their home field on Saturday. The Warriors scored 64 unanswered points and defeated the University of Minnesota, Crookston in the Northern Sun Intercollegiate Conference.

"Having the win on Saturday has just relieved some pressure on the team. It was great to come off our home court with a win," said Head Coach Tom Sawyer.

The Warriors trailed the Golden Eagles 7-6 when Chris Norgaard started the WSU scoring with an 81-yard kickoff return for a touchdown. From the run by Norgaard, the Warriors went on to score eight more touchdowns and combines a totally of 555 yards in total offense.

After giving up a touchdown to the Eagles in the first quarter,

the Winona defense stabilized and held UMC scoreless and only allowed 237 yards in total offense.

"We wanted to play as hard as we could, no matter who we were playing. It was a good game for us," said Sawyer.

Leading the offensive attack was Rayon Simmons scoring three of the ten touchdowns for Winona State. Simmons also scored two rushing touchdowns and finished with 68 yards rushing and caught one pass from a 28 yard six pointer.

Warrior quarterbacks Alex Nelson and Greg Preston combined for four touchdown passes. Kyle Melcher, Derrick Engel and Joe Ellestad all caught touchdowns to go with one by Simmons.

Winona State's leading receiver on Saturday's game was Sean Hertz with four catches for a total of 46 yards. He also added a two-point conversion reception.

A total of 31 defensive

players were credited with a tackle or an assist. Cody Summer led the group with five solos and one assisted tackle for a combined total of six.

The Warriors recorded interceptions from Norgaard, Brandon White and Ryan Williams.

After the game, the Winona State coaching staff named Marcus Greatens as offensive Player of the Week, Chris Norgaard as the defensive Player of the Week and sophomore Chad Check as the special teams Player of the Week.

Sawyer said, "It was a fun team on Saturday. It was great to see them all play well together."

The Warriors will be on the road this Saturday against Augustana. This will be the first time the Warriors will be playing on Augustana's field since Coach Sawyer has been coaching at Winona State.

"It's going to be a big game for us against Augustana. They just beat Wayne State on Saturday," said Sawyer.

Augustana has a record of 7-2, with the two loses coming from Duluth and Mankato.

The Warriors will return for their final regular season home game on Nov. 7 against University of Minnesota Duluth.

For more information on the Warriors, check out the Winona athlete Web site at [www.winonastatewarriors.com](http://www.winonastatewarriors.com).

Contact Ali Carlson at  
[ACCarlson09@winona.edu](mailto:ACCarlson09@winona.edu)

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# WARRIOR HOOPS

## WOMENS

**Ali Carlson**  
Winonan

Only a couple weeks into practice, the Winona State University women's basketball team is getting to play in their first game of the season, an exhibition game on Nov. 4 against Division I school, University of Minnesota.

Of the 14 women that make up the Warriors basketball team, seven of make up the freshman part of the roster.

"This season, we have more freshman than returns to the team," said head coach Scott Ballard, "We got off the a little slower start than where we were last year but they have adjusted quickly."

Coach Ballard said that the team was young but they were working to improve each day.

"We will take it one game at a time, one week at a time, one practice at a time," said Ballard.

This year the non-conference is going to be the toughest, said Ballard. The Warriors open with three DI games and then will have a tough tournament in

Concordia.

During Thanksgiving break, the Warriors will be in the Hoops Fest and stepping onto the court where they will be playing Minnesota State University, Mankato, the defending National Champions.

"I am pleased with how the athletes, especially the freshman, are learning quickly, adjusting quickly and how the seniors are helping to lead the team," said Ballard.

The seniors on the team this year include Bonnie Bjorke and Ana Wurtz.

Last season, Wurtz was named third team All-American.

The Northern Sun Intercollegiate Conference coaches' poll was released and Winona State was selected to place fifth in the final race for the league championship.

The Warriors were one of four teams to receive a first place vote and that lone vote eventually gave the Warriors 140 points to make a fifth-place standing.

Minnesota State University, Mankato totaled 176 points in the poll to earn the top position.

Concordia University, St. Paul, Augustana College, S.D., and Minnesota State University, Moorhead finished in the poll above the Warriors.

Ballard said, in response to

"We need to learn to walk before we can run."

-Scott Ballard  
Head Coach  
Women's Basketball

the poll, "Having this ranking does not win games. It might have an effect on how others prepare to play us out of respect."

According to Ballard, the team has good chemistry and is really working hard to prepare for the first game.

Only being a couple weeks into the 2009-2010 season, the women's basketball team has seen a couple small injuries.

"The injuries have been nothing big and nothing to worry about effecting us when it comes time to play games."

The injuries on the team have only caused a couple girls to miss practice or be restricted in practice.

"It will make us as a team stronger in the end," said Ballard. "It makes us work harder and give a little extra time for others to get better."

Last year the women's basketball team ended the season with a record of 24-7.

"We are going to take this season step by step," said Ballard. We need to learn to walk before we can run and not get to far ahead of ourselves."

Contact Ali Carlson at  
ACCCarlson09@winona.edu

**WINONA  
HOME  
GAMES**

Date	Opponent	Time
Nov. 16	St. Mary's University	6 p.m.
Nov. 24	Clarke College	7 p.m.
Dec. 12	Bemidji State University	2 p.m.
Dec. 13	University of Minnesota Duluth	2 p.m.
Dec. 20	University of Wisconsin Oshkosh	3 p.m.
Jan. 8	Southwest Minnesota State University	6 p.m.
Jan. 9	Minnesota State University-Mankato	5 p.m.

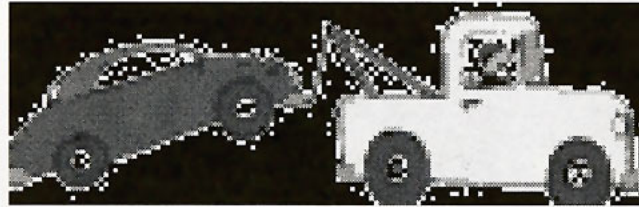




# Students Beware!!!



## City of Winona Ordinances



### Alternate-Side Parking Ordinance

From November 1 to April 1, vehicles parked on all city streets between 1:00 a.m. and 6:30 a.m. must be on the even-numbered side of the street when the date is even and on the odd-numbered side of the street when the date is odd. This is based on street addresses; *generally* the north or east side of a street is even-numbered and the south or west side of a street is odd-numbered.

This time frame allows the City Street Department ample time to clean fallen leaves and snow from City streets ensuring safe passage for motorists.

Alternate-Side Parking regulations also apply to some municipal lots; signs are posted to indicate odd or even parking.

Vehicles in violation of the Alternate-Side Parking ordinance are subject to \$25.00 tickets and possible towing. Tickets may be mailed or paid at the Police Department. **THERE WILL BE NO WARNINGS GIVEN.** The Police Department will begin ticketing vehicles on November 1 at 1:00 a.m.

Vehicles towed during a tag and tow operation will be towed to Borkowski towing. A release slip must be obtained by the registered owner of the vehicle from the Police Department in order to get the vehicle out of storage. All fees for towing and storage are paid to Borkowski's.

*For more information pertaining to Alternate-Side Parking you may contact the Winona Police Department by calling their non-emergency number of 507.457.6302, or Google City of Winona Alternate-Side Parking.*

### 20-Hour Parking Ordinance

#### Vehicles must be moved every 20 hours

Any vehicle parked on City of Winona streets in excess of 20 hours is subject to a fine and may also have their vehicle towed. This ordinance is in effect for the entire year.

*For more information pertaining to the 20-Hour Parking Ordinance you may contact the Winona Police Department at their non-emergency number of 507.457.6302.*

*Remember: A violation of these ordinances will cost you dollars, and if towed an additional cost along with a per day storage charge.*





# Warrior domination 70-7

Nick Furlong/Winonan